



Sasebo Golf Club Championship Saturday, May 15

First Tee Time is at 7:30 a.m.

Tsukumo Golf Course

This tournament is a singles handicap competition. Players will be grouped in flights according to established MWR Handicaps. Register as early as possible to guarantee a spot. Entries are due no later than Thursday, May 6 to the Fleet Fitness Center Office. A \$5 fee is required at the time of registration.

Memorial Day Golf Tournament Monday, May 31

Nagasaki Kukoh Golf Course

Kick off the summer by teeing it up with friends. Tournament format is Callaway scoring. Register early to guarantee a spot. Entries are due no later than Monday, May 24. Please contact the Fleet Fitness Center to determine green fees for this tournament. A \$5.00 registration fee is due to the Fleet Fitness Center at the time of registration.

Father & Child Golf Tournament Saturday, June 19

Tsukumo Golf Course

First Tee Time is at 7:30 a.m.

Fathers will team up with their child in this unique scramble tournament. Golf clubs for children will be provided by MWR on a first come, first serve basis. Register early to guarantee a spot and reserve clubs. Entries are due to the Fleet Fitness Center Office by Tuesday, June 15.

A \$5 fee is required at the time of registration. Awards will be presented to the top 3 teams, with long drive and closest to the pin contests as well.

golf



runs

Armed Forces Day 5K Friday, May 14

5:30 p.m.

Nimitz Park in front of the USO
Register at the Fleet Fitness Center Office by Wednesday, May 12.
Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Masters, and Senior).

Memorial Day Weekend 10K Monday, May 31

9 a.m., Nimitz Park

Register at the Fleet Fitness Center by Wednesday, May 26.

Finish off your holiday weekend with a jaunt around Nimitz Park.

Race starts in front of the USO.

Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Masters, and Senior).

Flag Day 3K Run Monday, June 14

11:30 a.m.

Main Base CFAS Admin Flag Pole
Register at the Fleet Fitness Center by Thursday, June 10.

Show your pride in the flag as you jaunt around base sporting the country's flag in your hand. Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Master, and Senior).



Quick Ball Tournament Saturday, May 8

Start Time: 3 p.m.

Teams will consist of a minimum of 4 players in this fast pitch whiffle ball event. Rosters are due to the Fleet Fitness Center by Wednesday, May 5. A coaches meeting will be held on Thursday, May 6 at 5:30 p.m. in the Fleet Fitness Center.

Memorial Day Softball Tournament Saturday, May 29

Start Time: 10 a.m.

Team entries due to the Fleet Fitness Center Office by Tuesday, May 25. This is a Double Elimination Tourney. Awards will be presented to the top teams, with individual awards for MVP and Sportsmanship.

Caliente Noche One Pitch Softball Tournament Friday, June 11

Start Time: 6 p.m.

Nimitz Park.

Double Elimination. Team entries are due by Tuesday, June 8 to the Fleet Fitness Center. Awards will be presented to the top teams, with individual awards for MVP and Sportsmanship.

softball



Join the
Fun Run
Club
and earn
cool
prizes!





Splash n' Dash

Sunday June 20
8:30 a.m.

Main Base Pool.

Entries due to the Fleet Fitness Center Office by Wednesday, June 16. Event will begin in the pool with a 500m swim followed by a 5K run across base. Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Masters, and Senior).

Sand Volleyball 2-on-2

Sunday, June 20

1 p.m., Nimitz Park.

Double Elimination Tournament

Entries due to the Fleet Fitness Center Office by Wednesday, June 16. 2-on-2 Olympic Style Sand Volleyball tournament. Food and Drink will be provided free of charge. Awards will be given to the top teams, with individual awards for MVP and Sportsmanship awards.

Captain's Cup Sports Leagues

Play begins on Monday, June 21

Start Time: 6 p.m.

Entries due to the Fleet Fitness Center Office by Wednesday, June 16.

Tournaments will be held in Volleyball, Soccer, Basketball and Doubles Racquetball. One team may be submitted from each of the following commands: CFAS, Essex, Juneau, Ft. McHenry, Harpers Ferry, SFGD/Sweeps, Tenant Commands, and the Seabees. Captain's Cup points will be awarded for the 2004 Captain's Cup trophy. Format will be round robin followed by single elimination. A mandatory coaches meeting will be held on June 3 at 5:30 p.m. at the Fleet Fitness Center office.

Late Night Madness...Dinner, Movies & Sports

Friday, June 25

Nimitz Park.

Enjoy a BBQ (6 p.m.), movie (8 p.m.) and sports under the stars. Sports being offered include: Sand Volleyball, Horse-shoes and Quickball. Sports will start at 8 p.m.

Late Night Madness...



Sports Trivia Bowl

Monday, June 21

6 p.m.

Spare Time Recreation Center

Entries due to the Fleet Fitness Center Office by Wednesday, June 16. Team up with fellow sports gurus from your command to compete for Captain's Cup points. 4 person teams will compete throughout the week until a champion is crowned. Mandatory Captain's Meeting on Thursday, June 17 at 5:30 p.m. in the Fleet Fitness Center Office.

8-Ball Team Billiards

Monday, June 21

6 p.m.

Spare Time Recreation Center.

Entries due to the Fleet Fitness Center Office by Wednesday, June 16. Team up with a partner from your command to compete for Captain's Cup points. 2 person teams will compete in this double-elimination tournament. Captain's Cup meeting, Thursday, June 17 at 5:30 p.m. at the Fleet Fitness Center.



Captain's Cup Team Bowling Tournament

Monday, June 21

6 p.m.

Spare Time Recreation Center
Entries due by Wednesday, June 16 to the Fleet Fitness Center Office.
Captain's Meeting on Thursday, June 17 in the Fleet Fitness Center Office.

June 21